朝陽科技大學 091學年度第2學期教學大綱
Tennis 網球

當期課號	0453	Course Number	0453
授課教師	梁隨燕	Instructor	,
中文課名	網球	Course Name	Tennis
開課單位	選項體育類(日)	Department	
修習別	選擇必修	Required/Elective	Sports Elective
學分數	0	Credits	0
課程目標	拋開年齡與性別且可做爲終生的休閒活動。提昇技術與培禮儀的養成，以利將來畢業後能掌握良好的人際關係。沒有身體接觸且能在運動場上盡情揮舞之運動，使人心情舒暢，是極富社教和娛樂價值的運動它不受運動年齡、性別的限制影響，動作高尚雅緻，而運動中千變萬化，能使人一拍在手，享受無窮的樂趣。	Objectives	Course description: Regardless of age or sex, tennis is a leisure activity for the whole life. Through the improvement of skills and the formation of courtesy in the tennis courses, students can built a better relationship with people after graduating from school. Tennis is an exercise that people can enjoy themselves to the full in the sport field without body touches. It is filled with social education and value of entertainment. There is no limitation of age or sex for playing tennis. With delicate and ever changing actions, people enjoy the endless pleasure of holding the tennis racket at the hand.
教材	1、動作解說介紹、分析 2、動作介紹示範 3、個別指導法	Teaching Materials	
成績評量方式	出席率 30% 期中測試 30% 期末則試 40%	Grading	mid-test 30% final-test 40%
教師網頁			
教學內容	1、正、反拍動作加強方向準確性 2、腳步、重心力道之使用 3、發球、接發球、上網截擊 4、規則講解、單雙打練習實戰	Syllabus	1. forehand & backhand practice 2. serre & stroke ball 3. rules introduce ; single & Double game practice

尊重智慧財產權，請勿非法影印。